

Flagstaff Revolution Osgood-Schlatter Disease Guide

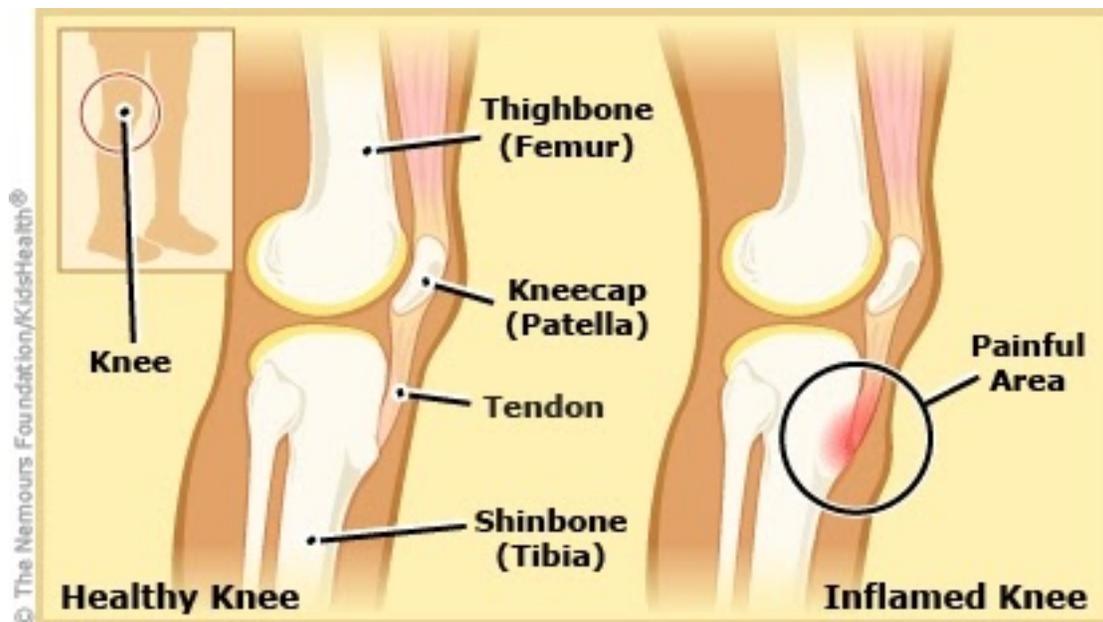
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Introduction

Knee pain is common in young athletes. There are different reasons that this may happen. Which might lead you to wonder, 'What do I do as a parent to help my child with knee pain?' Around 9-14 years of age kids go through growth spurts. With activity and sports that require a lot of running or jumping they may start limping due to knee pain. One cause of knee pain could be Osgood-Schlatter Disease (OSD).

What is Osgood-Schlatter Disease (OSD)?

Much like Sever's disease, OSD (Jumper's Knee) is a growth plate injury. During a child's growth spurt, the bones, muscles, and tendons grow at different rates. In OSD, the tendon that connects the shinbone to the kneecap pulls on the growth plate at the top of the shinbone. Repetitive stress at this area can cause injury to the growth plate. This injury leads to pain, swelling, and irritation at the top of the shinbone.





When to suspect OSD

If your child is having difficulty or discomfort playing sports, being active, or complaining of knee pain when walking, running, or standing.

- Some kids may have a painless bump below the knee that doesn't go away and is tender to touch. (Very rarely, doctors will do surgery to remove a painful bump below the knee).
- Pain with activity that may cause limping, especially with knee straightening or running.
- Swelling, warmth, and/or tenderness below the knee

How long will it last?

This pain may come and go until the bone stops growing.

What can you do to return to sport without pain?

It is important to reduce pain and swelling and this typically requires limiting exercise until there is no discomfort or pain after activity. If your child does not have a large amount of pain or a limp, participation in sports may be safe to continue.

Treatment Ideas

- Wear shock-absorbing insoles in sneakers during the day.
- Put a heating pad or warm washcloth on the knee for 15 minutes before sports.
- Put ice on the knee for 15 minutes after the activity (with a towel between the ice and the skin).
- Stretch before and after sports, dynamic and static (see below for static stretching ideas).
- You should initially avoid activities such as kneeling, jumping, squatting, stair climbing, and running until pain has decreased.
- A patellar band, which is a brace situated between the tibial tubercle and the kneecap, may help relieve symptoms.
- Kinesiotape can also improve symptoms.
- Nonsteroidal anti-inflammatory medication: Ibuprofen and naproxen can help reduce pain and swelling.

Prevention

- Weight loss to acquire a proper body mass index for age and height.
- **Warm up and stretch before partaking in physical activity (dynamic stretching before activity and static stretching after muscles are warmed up).**
- **Maintain appropriate flexibility, endurance, and muscle strength**
- Avoid extending the knee in the sitting position against resistance.



Hamstring stretch-Make sure alignment is good. If this is too much of a stretch move further away from the doorway, if more stretch is needed get closer to the wall. Leg on the floor needs to be straight. Hold up to one minute 2-3 x each leg.



Quad stretch- Make sure that bent knee is in line with standing leg, stand up straight and keep knees together. This stretch can also be done when lying on your stomach on the floor. Hold for 30 seconds 2 to 3 x each leg.





Short arc quad exercise - with leg in about 30 degrees of flexion resting on towel, lift lower portion of leg and hold for 1-2 seconds and then slowly lower back down relaxing at the bottom. 2-3 sets of 10 each leg.



Straight Leg raises - Lying down on the floor tighten quad muscles on one leg, raise leg and slowly lower leg back down, relax leg. Repeat. 2-3 sets of 10 on each leg.

Only do your exercises in a pain-free range of motion. If the exercises that involve bending your knees while bearing weight cause pain, stop them and consult your physician, physical therapist, or athletic trainer.

Bottom Line

There effects of OSD are not usually long term. Some kids may have a painless bump below the knee that doesn't go away. As adults they may have pain when kneeling. Very rarely, doctors will do surgery to remove a painful bump below the knee. It's important to note that this diagnosis is not the only cause of knee pain, and if your child continues to have knee pain with activity it is important to have an evaluation done by a professional.

If you have any questions please feel free to email me at juliebouckmpt@gmail.com.

References:

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